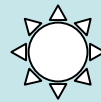
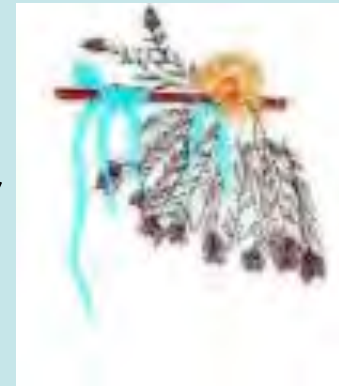


Intergenerational Trauma and Historical Grief in American Indians:

*A Review of Conceptualizations
from Dr. Maria Yellow Horse Brave Heart*



By: Melanie Ottenbacher



Historical Trauma

Definition: The collective emotional and psychological injury both over the life span and across generations, resulting from a cataclysmic history of genocide

Causes:

- Legacy of genocide

Effects:

- Unsettled trauma
- Increase of child abuse and domestic violence



Dr. Maria Yellow Horse Brave Heart



3 Major Hypothesis:

- I. Education increases awareness of trauma
- II. Sharing affects provides relief
- III. Grief resolution through collective mourning/healing creates
 - *positive group identity
 - *commitment to community

Purpose:

Identifying with victimization  collective memory/healthy ego

Dr. Maria Yellow Horse Brave Heart

Personal History

20 yrs Experience

- Clinical social worker
- Current researcher

Descendent

- Sitting Bull
- Wounded Knee



*Conscious of
Historical Trauma*

1978



*Developed
Theory*

1988



*Takini Network
(Lakota survivors)*

Current

Six Phases of Historical Unresolved Grief

1st contact

- *Life shock*
- *Genocide*
- *No time for grief*

Economic Competition

- *Sustenance loss
(physical/spiritual)*

Invasion War Period

- *Extermination*
- *Refugee symptoms*

Subjugation and Reservation Period

- *Confined / translocated*
- *Lack of security*

Boarding School Period

- *Destroyed family system*

Forced Relocation and Termination Period

- *Transfer to urban areas*
- *Prohibition of religious freedom*



1st Contact (Colonization), Boarding Schools, & Relocation

Colonization

1. Introduce

- *Disease*
- *Alcohol*

2. Main traumatic events

- *Assassination of Tatanka Iyotake (Sitting Bull)*
- *Wounded Knee Massacre*



Boarding school

1. 1st school: Pennsylvania

- *Beaten*
- *Raped*
- *Native language prohibited*

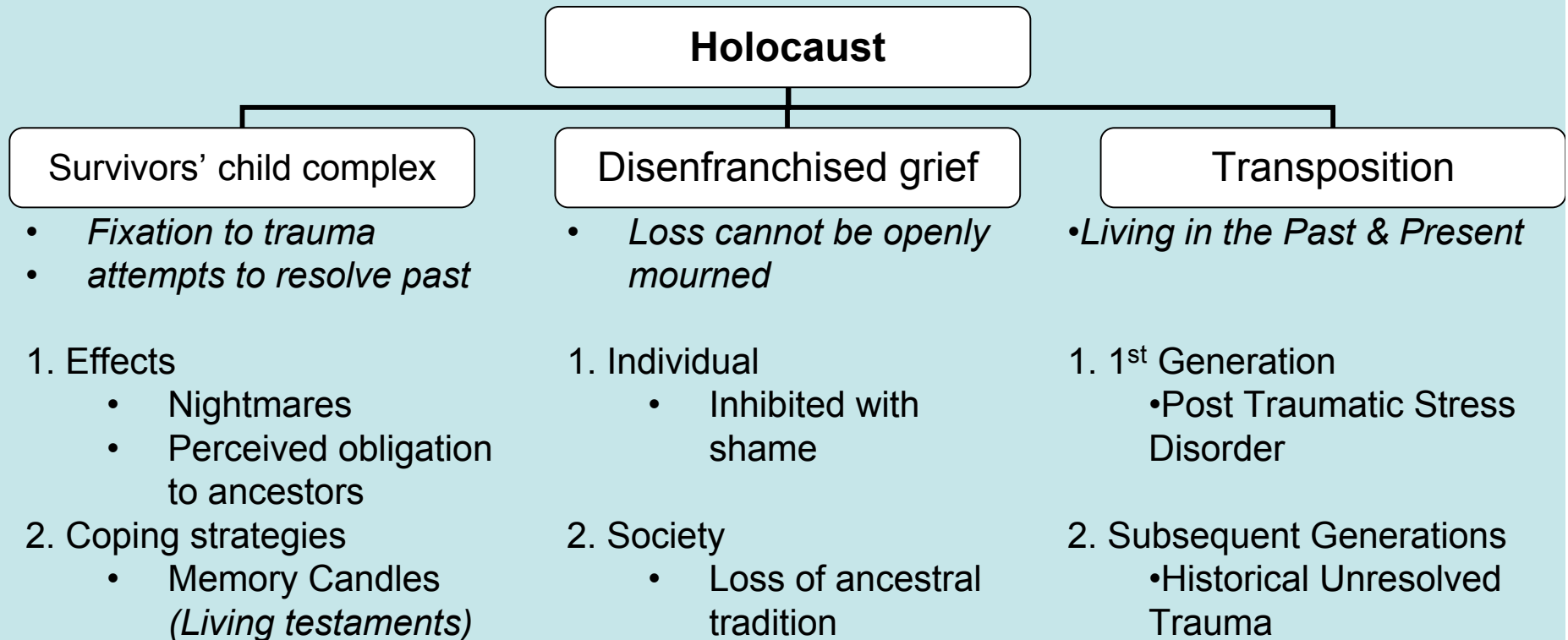
2. Lasting effect

- *Ill-prepared for parenting*

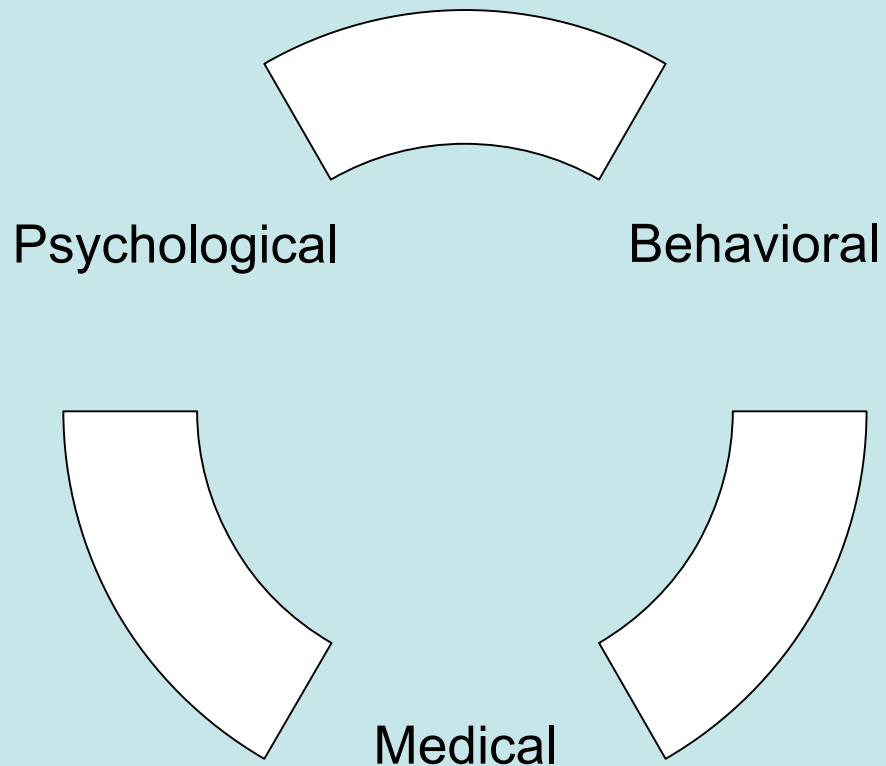
Relocation & Assimilation

- *Racism/ viewed as 2nd class*
- *Black Hills Confiscation*
- *Spiritual prohibition*
- *Change of Government*

Holocaust Link: Jewish and American Indians



Coping Strategies



Psychological
Depression
Suicide: 2x National rate

Behavioral
Alcohol
5.5x National rate

Medical
Heart disease
2x National rate



Dr. Maria Yellow Horse Brave Heart

Research

2 Tests

- 1) Parenting Skills
 - *Lakota Reservation*
- 2) Group Intervention
 - *Black Hills*

3 Major Themes

- Trauma Testimony
- Trauma Response
- Transcending Trauma



3 Major Themes

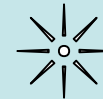


Trauma Testimony



Issues:

- *Wounded knee*
- *Boarding school*
- *Boarding school
descendent*



Trauma Response

Issues:

- *Trauma identity*
- *Carrying trauma*
- *Anger*
- *Transposition*
- *Survivor guilt*
- *Somatic symptoms*

Transcending Trauma

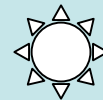
Issues:

- *Coping strategies*
- *Ideas about healing*
- *Transforming the past*

Dr. Maria Yellow Horse Brave Heart: *Solutions*

Clinical/Spiritual Healing

- Communal grief rituals
 - *Story telling*
 - *Sharing pain*

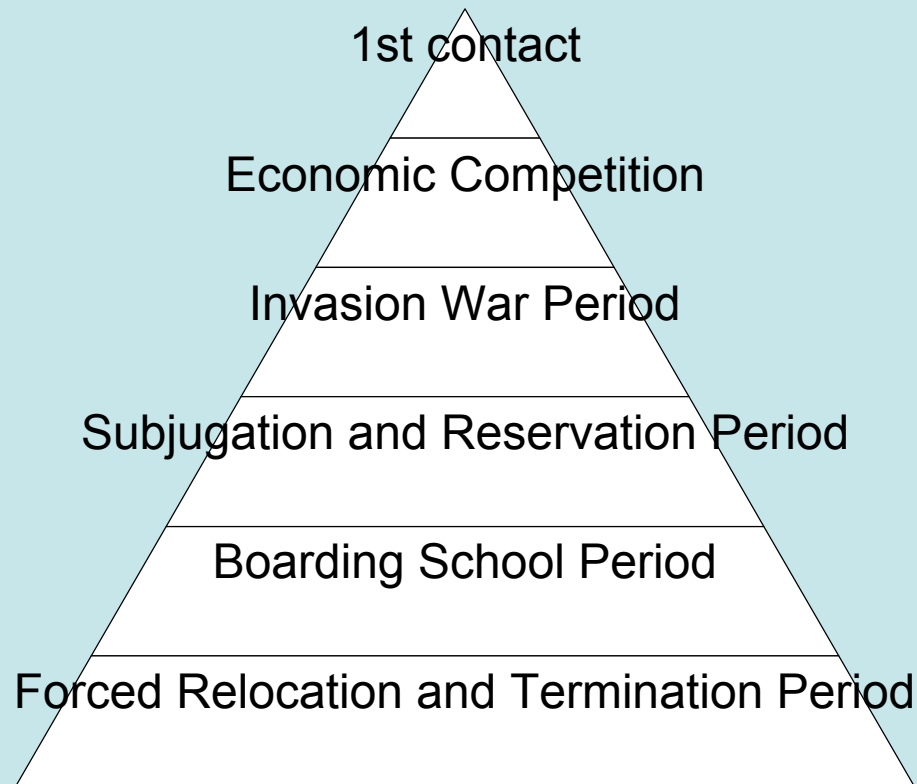


Ideas for Social Workers & Therapists

- Increase cultural sensitivity
 - *Research personal historical trauma*
 - *Attend community activities*

Conclusion

Historical Unresolved Grief: *Intergenerational emotional/psychological injury resulting from a legacy of genocide*



Conclusion



Research studies

- Parenting
- Group Intervention

3 Major Hypothesis

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- Sharing affects provides relief
- Collective grief resolution creates
 - *positive group identity
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